

THE NAVIGATOR

2021: A Year Like No Other End Of Year Message

As we enter the final days of the year, it is worthwhile to look back at 2021 and the many changes we have seen at the Northshore Senior Center.

The COVID pandemic impacted all of us at NSC. At the beginning of 2021, our centers remained closed but we were still busy delivering meals to members at their homes, transporting community members to medical and health appointments, broadcasting health and fitness classes online, and providing social services through telephone and video meetings. While the senior center's buildings were closed, we moved the senior center out into your homes by telephone, internet, and delivery service.

With the rollout of COVID vaccines, NSC was able to begin partially reopening in-person programs in May. We started slowly, and took every precaution to make sure our members, volunteers, and staff remained safe. The surge of the Delta variant over the summer once again slowed down our in-person programs, and we saw needs in our community increase as demand for our food pantries in Kenmore and Bothell grew, and our social services team received more and more requests for assistance.

As vaccination rates increased in the Fall, COVID rates declined in the community and once again we have seen more of our members return to their favorite senior center programs. With the re-opening of the Mill Creek senior center and the Bothell coffee shop in October, members are slowly finding their way back into our buildings, while others are still using our online options like Yoga, mindfulness, and several discussion groups. This month, we are delighted to re-open some of our Adult Day Health programs serving people with disabilities, a portion of our community that has been highly impacted by the pandemic.

Together we have weathered a difficult year. We could not have done it without our tenacious volunteers, our committed donors, and our dedicated staff. Most of all, we could not have done it without you: our amazing community. The end of the year is a perfect time to get more involved in NSC: inside this booklet you will find information about classes and clubs, services and programs, and opportunities to donate or volunteer. At the end of an unconventional year, why not try out one more new thing as a gift to yourself and your community?

Thank you for joining us on the wild ride that was 2021! We are looking forward to rebuilding and reconnecting with you in 2022.



PLEASE BE AWARE THAT PER THE RECENT COUNTY MANDATE, PROOF OF VACCINATION OR A NEGATIVE COVID TEST WILL BE REQUIRED FOR ENTRY INTO ANY OF OUR FACILITIES. THANK YOU FOR YOUR COOPERATION.

KENMORE SENIOR CENTER PROGRAMMING

Kenmore Senior Center

Wow! We are at the end of another year! As I reflect back on the previous months, I am so happy to be a part of the Northshore Senior Center. As an organization, we have navigated this pandemic with creativity and grace, with service to others as our beacon. The Food Pantry (at Bothell and Kenmore), the lunch deliveries from our Bothell kitchen, Farm Box Fridays, cooling centers during the heat wave, emergency funding for those whose income was impacted by the pandemic, virtual conversation groups to help alleviate isolation, our Volunteer Appreciation drive-thru event, and transportation for seniors to doctor appointments/activities, are only a fraction of the many services offered by Northshore. As we enter this time of giving, please consider the Northshore Senior Center on your list of recipients for a gift that will help keep these essential services going. Your support is so important and appreciated!



PASHA MOHAJERJASI
Kenmore Program
Coordinator

Please check out the latest happenings at the Kenmore location of the Northshore Senior Center. **Call (425) 489-0707 or email kenmoreseniorcenter@mynorthshore.org for more information on classes/activities.**

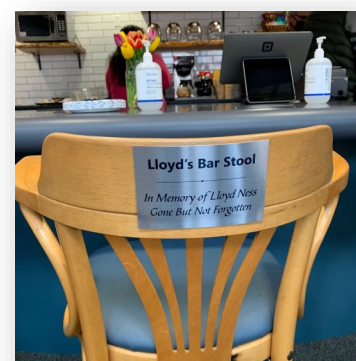
CLASS / ACTIVITY	DAY(S) / TIME	COST
Bridge Club	Mon/Wed, 11am-3pm	\$3 (member) / \$6 (non-member) - Ongoing
Coffee w/ the Mayor	1st Mon, 10-11am	FREE - Ongoing
Driftwood Sculpture	Tue, 10am-12pm	\$24 (member) / \$48 (non-member) - 4 week class
Men's Conversation Group	Wed, 11am-12pm	FREE - 1st Wed in-person, remaining Weds online
Gay Men's Conversation Group	2nd/4th Wed 1-2:30pm	FREE - Ongoing
Wonderful Watercolor	Wed, 10:30am-12pm	\$40 (member) / \$80 (non-member) - 4 week class
Table Top Games	Fri, 10am-12pm	FREE (member) / \$2 (non-member) - session
Kenmore Crafters	Thur, 12:30-2:30pm	FREE - Ongoing
Book Club	2nd Mon, 1-2pm	FREE - Ongoing
Guitar Jam	Tue, 1-3pm	FREE (members) / \$10 (non-member) - per month
Qigong in the Park	Wed, 11am-12pm	FREE (members) / \$10 (non-member) - per month

COFFEE BAR RE-DEDICATION

Open T/W/TH (8:30am-3:30pm)

Thank you to everyone who was able to come out this past month for the rededication of our Coffee Bar to long-time member and volunteer, Lloyd Ness who passed away earlier this year at the age of 100. It was so nice to see so many people who's lives had been impacted by Lloyd, and hear all of the wonderful stories.

Please stop in soon to grab a cup of coffee and enjoy our newly renovated space.



BOTHELL SENIOR CENTER PROGRAMMING

Bothell Senior Center

DAY(S)	CLASS / ACTIVITY	TIME	COST (Member / Non-Member)	CAPACITY
Mon	Enhance Fitness	9-10am	\$30 / \$60	25
	German	9:30am-12pm	FREE / \$10	20
	Watercolor	10am-1pm	\$32 / \$64	12
	Senior Aerobics	10:30-11:30am	\$45 / \$90	40
	Pickleball	12-3:30pm	Punch Card	Open
	Pinochle	12-4pm	Punch Card	32
	Astronomy	1-2:30pm	FREE / \$10	20
Tue	Strength & Balance	9-10am	\$40 / \$80	25
	Knit Wits	9:30-11am	FREE / \$10	20
	Woodcarving	9:30-11:30am	FREE / \$10	12
	Tai Chi	10-11am	\$30 / \$60	12
	Strength & Balance	10:30-11:30am	\$40 / \$80	16
	Stamp Club (3rd week)	12-1:30pm	FREE / \$5	20
	Qigong	1-2:30pm	FREE / \$10	12
	Cornhole	1-2:30pm	FREE / \$10	12
Wed	Enhance Fitness	9-10am	\$30 / \$60	25
	Antiques Club (2nd week)	10am-12pm	FREE / \$5	20
	Senior Aerobics	10:30-11:30am	\$45 / \$90	40
	Green Group (1st & 3rd weeks)	11:30am-12:30pm	FREE / \$10	12
	Line Dancing (Beg)	12:30-1:30pm	\$30 / \$60	40
	Quilt Group	12:30-3pm	FREE / \$10	20
	Oil & Acrylic	12:30-3:30pm	\$30 / \$60	12
	Table Tennis	1:45-3:30pm	Punch Card	Open
	Guitar	2:30-4pm	FREE / \$10	12
	Ballroom Dancing Lessons	3:30-4:30pm	\$12 / \$24 (per class)	20
Thu	Yoga	8:30-9:45am	\$32 / \$64	12
	Driftwood	8:30-10:30am	\$24 / \$48	12
	Strength & Balance	9-10am	\$40 / \$80	25
	Fishing Club (1st week)	10am-12pm	FREE / \$10	20
	Strength & Balance	10:30-11:30am	\$40 / \$80	16
	Colored Pencil	11am-2pm	\$32 / \$64	12
	Hand & Foot	12:30-3pm	Punch Card	32
Fri	Enhance Fitness	9-10am	\$30 / \$60	25
	Watercolor	9am-12pm	\$24 / \$48	12
	Pickleball	10:30am-2pm	Punch Card	Open
	Cribbage	10:30am-1pm	Punch Card	32
	Card Making	1-2pm	\$15 / \$30	12
	Mexican Train	1:30-4pm	Punch Card	32
	Poetry	1:30-3:30pm	FREE / \$10	12

TIMES ARE TOUGH, WE ARE HERE FOR YOU TO MAKE YOUR LIFE A LITTLE EASIER.

OUTDOOR PROGRAMS / MEET-UPS

OUTDOOR PROGRAM	DAY(S) / TIME	CONTACT
Walking Club	Tue/Thur, 9-10am	Anita Forbes, (425) 987-4163
Golf Club	Tue, 9:30am	Lee Kirkendall, (425) 486-9671
Hiking Club	Varies	Howard Fleck, (206) 817-2421

Check out our current offerings above. **Guarantee your spot, stop by or call the front desk at (425) 487-2441 to register. For full descriptions of classes please go to our website at www.northshoreseniorcenter.org**

MILL CREEK SENIOR CENTER PROGRAMMING

Mill Creek Senior Center

Over the last couple of months we have introduced many new programs and classes, as well as new opportunities to socialize and engage with members of the Mill Creek community. We are looking forward to continuing this in December and into the new year.

Facility & Program Updates:

We are in the process of looking to rehire our Program Supervisor position. Cora did an amazing job reopening this facility and setting us up for the future. She will be missed. **If you know of anyone, please have them reach out to Corey Lowell at CoreyL@mynorthshore.org.**

Until the time we are able to rehire this position, changes to open facility hours maybe needed. Thank you in advance for your patience and understanding.



COREY LOWELL
Director of Senior Centers

CLASS / ACTIVITY	DAY(S) / TIME	COST
Music for Fun	Mon, 1-3pm	FREE (member) / \$5 (non-member) - Ongoing
Bridge Club	Mon, 1-3pm	FREE - Ongoing
Seated/Standing Yoga w/ Maria	Tue/Thur, 10-10:45am (Mill Creek Senior Center Annex)	\$20 (member) / \$40 (non-member) - Ongoing
Medical Foot Care	3rd Tue (Appointment Required) - call (425) 286-1065 to schedule	\$40 (members & non-members)
Watercolor w/ Karen	Wed, 10am-12pm	\$24 / \$48 per class - per month
Pinochle	Wed/Thur, 1-3pm	FREE - Ongoing
Hand & Foot	Wed, 1-3pm	FREE - Ongoing
Tai Chi w/ Mike	Thur, 1-2:30pm (North Creek Presbyterian Church)	\$30 (member) / \$60 (non-member)
Women's Coffee Group	Tue/Thur, 10am-12pm	FREE - Ongoing
Men's Coffee Group	Fri, 10am-12pm	FREE - Ongoing
Craft Club	Fri, 12-2pm	FREE - Ongoing

STAFF SPOTLIGHT

Sarah Baillargeon - Administrative Assistant

What is the one thing you cannot resist?

Cute shoes on sale!

What is your greatest fear?

Fainting in public. I honestly don't know why... thinking about it now is making me anxious...hahaha!

Where is your favorite place to be?

The Oregon Coast. Whenever I get stressed I imagine the grey cold PNW beach and that always seems to help.

What's the weirdest job you've ever had?

I was an Elf at the mall! I helped people get pictures with Santa and I think my name was Cranberry!

Tell us something that might surprise us about you.

I went mountain biking in Moab, Utah on an intermediate course and it was terrifying/the coolest thing I've ever done!

If you won the lottery, what is the first thing you would do?

I would pay off my car loans and buy a house....(my answer would have been more fun 5 years ago hahaha!)

If you could meet anyone, living or dead, who would you meet?

I would have dinner with Gordon Ramsay! I am obsessed with his cooking shows and although he is a tough guy on TV he seems very down to earth off screen. I also really want to try his famous scallops.



Why do you love to work at the Northshore Senior Center?

I grew up in Bothell so the Northshore community has always been a big part of my life and holds a special place in my heart. It is very rewarding being able to now give back to a community that supported me for so many years and continues to support my family in the area. I like working at the Senior Center for many reasons, a big one being the people that I get to interact with every day. The volunteers, the staff, the members, and the general community has been welcoming and kind since day one and continue to reassure me I made a great decision to work here.



FAIRWINDS
BRITTANY PARK



When the times changed, we changed with them.

Fairwinds – Brittany Park knows your social life is a big part of, well, your life. So we adapted our social calendars to best suit your needs while maintaining the highest level of safety. And, our exclusive PrimeFit program, now available virtually and in our gym, provides a full mind and body workout.

Find your peace of mind. Call (425) 318-1056 now.

NEED A LITTLE EXTRA ASSISTANCE TO GET YOU THROUGH THE WEEK? WE ARE HERE TO HELP.

VOLUNTEERING AT NORTHSORE

A list of our current volunteer opportunities:

With so many new programs and services starting back up at all of our facilities, we need assistance more now than ever to make sure each of you have a great experience when you walk in the door. Please consider volunteering for one of our open opportunities below.

- Screener & Greeter (M-F, 8:15a-12:00p & 12:00-3:30pm)
- Front Desk / Receptionist (M-F, 8:00a-12:30p & 12-4:30pm)
- Kitchen Volunteer (M-F, 8:00am-1:00pm)
- Volunteer Driver (M-F, 8:30am-4pm—Flexible Schedule)
- Yardwork Volunteer (M-F, 8:30am-4pm—Flexible Schedule)
- Food Bank Volunteer (T, 8:30am-12:30pm, TH, 2:30-6pm, Sa, 8:30am-12:30pm)
- Food Bank Sorter (M, 8am-12:30pm, TH, 9-11am, F, 9-11am)
- Coffee Bar Volunteers (M-F 8:00am-3:30pm)

Please reach out to Volunteer@mynorthshore.org or call (425) 286-1032 if interested.

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LET US MAKE YOUR WEEK A LITTLE EASIER, RESERVE A HOT LUNCH TODAY (425) 487-2441.

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SOCIAL SERVICES RESOURCES & PROGRAMS

Supporting All In Our Community

Northshore Senior Center offers a team of social services professionals to support older adults and their families during these challenging times. Staff has expertise in social work, nursing, mental health and community resources. Services currently offered include one on one telephonic support, online and/or telephone support groups, and emergency financial assistance (Bothell Residents only). If you are struggling with loneliness, anxiety or other issues during this time, we encourage you to reach out.

GENERAL SERVICES	DAY(S) / TIME	CONTACT
Statewide Health Insurance Benefits Advisor (SHIBA)	4th Tue, (12/28) Appointment Needed	Janet Zielasko, MS, LSW, (425) 286-1035
Enhance®Wellness	Appointment Needed	Lydia Barnsley, LPN, (425) 286-1029
PEARLS	Appointment Needed	Janet Zielasko, MS, LSW, (425) 286-1035 Lydia Barnsley, LPN, (425) 286-1029

WEEKLY GROUPS	DAY(S) / TIME	CONTACT
Sharing & Caring	Wed, 1-2pm (Weeks 1-3 in-person, week 4 virtual)	Janet Zielasko, MS, LSW, (425) 286-1035
Conversation Café Group	Mon, 1-2pm (in-person) Thu, 11am-12pm (virtual)	Lydia Barnsley, LPN, (425) 286-1029 Cindy Tang, MSW, (425) 286-1047
Men's Conversation Café	Wed, 11am-12pm (virtual)	Bruce Garberding, (206) 854-8969



SOCIAL SERVICE RESOURCE PROGRAMMING

MONTHLY SUPPORT / DISCUSSION GROUPS	DAY(S) / TIME	CONTACT
Adult Children of Aging Parent Support Group (Virtual)	3rd Wed, 6:30-8pm	Janet Zielasko, MS, LSW, (425) 286-1035
Caregivers Support Group (In-person & Virtual)	1st/3rd Thur, (In-Person) 10:30am-12pm (Advent Lutheran Church) 4th Wed, (Virtual) 11am-12pm	Pam Jones, MSW, (425) 346-9856 Janet Zielasko, MS, LSW, (425) 286-1035
Diabetes / Pre-Diabetes Group (In-person)	2nd Wed, 10-11:30am (Bothell)	Lydia Barnsley, LPN, (425) 286-1029
From Heartache to an Open Heart (Virtual)	3rd Wed, 10-11am	Cindy Tang, MSW, (425) 286-1047
Parkinson's Support Group (Virtual)	3rd Tue, 10-11am	Janet Zielasko, MS, LSW, (425) 286-1035
Vision Loss Discussion Group (In-person)	4th Tue, 11am-12pm (Bothell)	Janet Zielasko, MS, LSW, (425) 286-1035
Women's Coffee Hour (Virtual)	2nd/4th Mon, 9:30-10:30am	Cindy Tang, MSW, (425) 286-1047
NEW!!! Veterans Breakfast Club Register by calling (425) 487-2441	2nd Mon, 9:00-10:30am Breakfast Included	Corey Lowell, CoreyL@mynorthshore.org

SPECIAL PROGRAMS	DAY(S) / TIME	CONTACT
Living Better w/ Diabetes (In-Person) Pre-Registration Required	Mon, 1/31-3/14, 9:30am-12pm (Bothell)	Lydia Barnsley, LPN, (425) 286-1029

SOCIAL SERVICES STAFF INFORMATION - For In-person Appointments and Consultations (SEE THE FOLLOWING)

Janet Zielasko, MS, LSW

Social Services/Wellness Manager
(425) 286-1035
JanetZ@mynorthshore.org



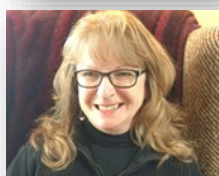
Cindy Tang, MSW

Mental Health Professional
(425) 286-1047
CindyT@mynorthshore.org



Lydia Barnsley, LPN

Enhance®Wellness Nurse
(425) 286-1029
LydiaB@mynorthshore.org



Community Resource Specialist

(425) 286-1072

COMMUNITY FOOD BANKS AT BOTHELL & KENMORE

The Facts Behind Senior Hunger

Nearly one in every six seniors in America faces the threat of hunger and not being properly nourished. This applies to those who aren't sure where their next meal is coming from and those who don't have access to the healthiest possible food options.

To understand the concept of seniors being hungry, you must understand what it means to be "food insecure." When you are food insecure, it means that there is "limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways," as defined by a study published in The Journal of Nutrition. Essentially, it means that you aren't receiving and/or don't have access to the necessary foods and nutrients to help sustain your life.

Not only is senior hunger such a large issue now, the threat of it persisting as a problem into the future is high because of the high rate of seniors expected to live longer.

Our FREE Community Food Bank is available and open to anyone in our community, regardless of age, income level, need, etc. Do you have questions in regard to our services or would like to donate funds or food?

Bothell Food Bank - Angie Dearing AngieD@mynorthshore.org or at (425) 286-1046

Kenmore Food Pantry - Pasha Mohajerjasbi, PashaM@mynorthshore.org or at (425) 489-0707



BOTHELL SENIOR CENTER

Tuesdays, 9:00am-12:00pm

Thursdays, 3:00pm-6:00pm

Saturdays, 9:00am-12:00pm

KENMORE SENIOR CENTER AT RODODENDRON PARK

2nd & 4th Wednesdays, 12:30-2:30pm

COMMUNITY DINING PROGRAM

Coming in January of 2022

Starting in the New Year, Community Dining will have three options for lunch. We will offer in-door dining, pick-up, and delivery. All deliveries must be approved by transportation before being placed on the reservation list. Please call the front desk at (425) 487-2441 to reserve your lunch option. Check out our latest monthly menu, go to <http://bit.ly/DecMeals>.

\$5 SUGGESTED DONATION FOR THOSE 60 AND OLDER

\$10 CHARGE FOR PEOPLE UNDER 60

Delivery: After 11:00am

Pick-Up: 11:30am to 12:00pm

In-Person Dining: 12:00-12:30pm



MATCHING GIFTS

Increase The Impact Of Your Gift Today!

Many employers offer matching gift programs and will match charitable contributions made by their employees. The impact of your gift to the Northshore Senior Center may be doubled or possibly tripled!

Find out if your employer, your spouse's employer, a company on whose board you serve or from which you have retired has a matching gift policy. Boeing and Microsoft are two great examples.

If your company is eligible, request a matching gift form from your Human Resources department and send it completed and signed with your gift to:

Nina McGuinness

Development Director

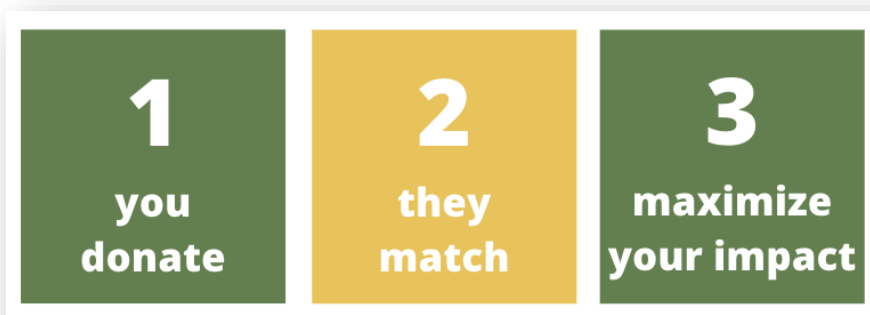
Northshore Senior Center

10212 East Riverside Drive

Bothell, WA 98011

(425) 488-4821 #254

NinaM@mynorthshore.org



EXCITING NEW PROGRAMMING

Veterans Breakfast Club - 2nd Monday Of Each Month

The Northshore Senior Center Veterans Breakfast Club will meet the 2nd Monday of each month from 9:00-10:30am in our Bothell Senior Center dining room. Every veteran and/or military family member has a story, no matter who they are, or when or how they served. Stories have a powerful way of connecting and providing opportunities for self-reflection. The goal of this group is to create an opportunity for individuals of all ages, eras, and branches of service to connect with each other, build relationships, and share experiences.



The Veterans Breakfast Club is FREE and OPEN to anyone interested in being part of a group of like-minded individuals, stories from the past, and great conversation. A light breakfast will be included. **For more information,**

NORTHSHORE ADVISORY COUNCIL

Looking For New Members

What is an Advisory Council? The purpose of this council is to give members a sounding board for thoughts, ideas, concerns, etc. The Advisory Council is made up of current members who advises the CEO, Senior Center Leadership and Board regarding participant and community needs, and shares information on participant satisfaction with current services and activities. We are currently searching for individuals from all of our programs and centers to participate and be a part of this effort. **If interested in joining, please reach out to Barbara Anderson at revbanderson@gmail.com.**

MEMBERSHIP RENEWALS. PLEASE CALL (425) 487-2441 TO MAKE SURE YOU ARE UP-TO-DATE.

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TAKE MY PIC



ADULT DAY HEALTH

Adult Day Health Program

Our Adult Day Health program serves adults experiencing physical, mental or social problems associated with dementia, arthritis, diabetes, stroke, isolation, development disabilities, and other conditions. Participants are supported by case management, nursing services, recreational activities, and occupational therapy. (Open M/W/F)

For information or an intake packet please contact Judi Pirone at JudiP@mynorthshore.org.



JUDI PIRONE
Director of Adult Day Health /
Health & Wellness Center

Brain Fitness - (T/TH, 9:00am -12:00pm)

A social day program for individuals experiencing early memory loss. Become involved in cognitive, physical, and social enriching activities including educational discussions, modified enhanced fitness exercises, and socially engaging activities.

HEALTH & WELLNESS CENTER

Prioritize Taking Care Of Yourself - Creating Healthy Habits

Health & Wellness Fitness Center - (M/W/F 8:00am –3:30pm)

The Fitness Center at Northshore Health & Wellness Center is a comfortable space focused on keeping exercise enjoyable. The Fitness Center provides cardiovascular and strength-training equipment specifically geared toward seniors but also great for people of all ages! The machines are simple to operate and we offer a safe, inviting atmosphere where individuals can achieve their fitness goals.

Our fitness equipment was selected to provide a low-impact, total body cardio and strength routine for any exercise level. Most machines are simple to operate and designed to safely guide you in building strength and function. Fitness machines include: treadmills, elliptical, recumbent bicycles, an arm-cycle, and complete workout machines. We also have a range of free weights and weight-lifting benches.



ADDITIONAL SUPPORTERS AND SPONSORS



H&W FITNESS CLASSES

Come And Join Us!!!

Total Body Conditioning (TBC Lunch Crunch) - (T/TH 12:30-1:30pm) - \$45/session

Great total body workout; strength, cardiovascular conditioning, balance and stretching all combined into one FUN workout using a variety of equipment and circuit stations. Guaranteed to keep you moving and help you to reach your fitness goals. Modified to meet all levels and abilities!



ADDITIONAL SERVICES AT H&W

Dental Hygienist - (2nd Fridays of each month)

Personalized initial, preventative treatment and re-care assessment. Services include providing routine dental cleanings and deep cleanings, treatments including fluoride varnish, dry mouth, sensitivity and silver diamine fluoride treatments. Private pay (assistance in completing insurance reimbursement) or Medicaid billing. For more information or to schedule an appointment please call (425) 488-4821.

Medical Foot Care - (Appointment only, Call (425) 488-4821, ext. 165 to schedule an appointment)

Many seniors are unable to care for their feet adequately because of poor vision, and/or poor flexibility, and other health-related problems. Each visit will include a thorough assessment, and nail trim. Services provided by a RN. Please call as early as possible to cancel a scheduled appointment.

Bothell Health & Wellness Center - By appointment / Mill Creek Senior Center - 3rd Tuesday of each month

Tootsie's Parlor, Hair Salon - (Appointment only - Call (425) 488-4821, ext. 105 to reserve your spot)

Services include women's haircut, permanent wave, hair color, scalp treatment, men's haircut, men's clipper cut, beard trim, shampoo, comb-out only, shampoo and set, shampoo and blow-dry.

Medical Equipment Check-Out - (M-F, 8:00am-3:30pm)

To inquire about availability of medical equipment or to return equipment, please call our front desk (425) 488-4821 at the Health & Wellness Center.

INCLUSION - COMMUNITY RECREATION PROGRAM

Some of your favorite classes will be resuming! We will begin offering some of your favorite classes in-person. There will be an option of virtual or in person. Our Inclusion program is a community recreation and inclusion program. Offering meaningful social, health, enrichment and recreation opportunities for individuals with intellectual, cognitive and developmental disabilities, as well as their families and caregivers. We also offer a variety of sports activities and competition through special Olympics. *LIMITED IN PERSON CLASSES AVAILABLE NOW!*

For information please contact Judi Pirone at JudiP@mynorthshore.org.

LOOKING TO VOLUNTEER AT A CENTER? CALL (425) 286-1032 TO SEE HOW.

H&W COMPUTER LEARNING LAB

Need Assistance Navigating Technology?

Technology Device Lending Library - (Appointment only)

Have no way to access information or connect with individuals virtually online? Having trouble staying connected with friends and family? Our Participants in this program are eligible to borrow an iPad, Chromebook laptop and, if needed, a mobile hot spot, for three months **FOR FREE**, from our Health & Wellness Computer Learning Lab. **Call (425) 286-1038 or email KenC@mynorthshore.org to be connected with our specialist.**



Tech Services Repair - (M-F, Call (425) 286-1038 to schedule an appointment) - \$40/project

Do you have a laptop or desktop that is driving you crazy? Is it running slow, acting weird or has just simply crashed? Find out why at the HW CLL TECH CENTER...schedule an appointment to have Virus and Malware Removal, Computer Repair, Phone and/or Tablet Evaluation, New Computer Setup and Configuration, Computer Upgrades Wireless Network Setup and Security, Data Recovery.

One-On-One Personal Technology Instruction - M-F, To secure an appointment (425) 286-1038, \$20/30 minutes.

We will address your “stuck” spots and help you become a wiser and more efficient user. We teach basic computer skills, apple and android phone / tablet use, as well as help with email and some software.

BOTHELL FLAGPOLE DEDICATION EVENT

Made Possible By Our Community

Thank you so much to all who were able to attend our Flagpole Dedication Ceremony on Veterans Day last month! It was a great way to celebrate and honor those who have and are currently serving, as well as show our appreciation by displaying our country’s flag on a brand new flagpole that was made possible by so many donors and community members.

Special thanks to the color guard from Ballard VFW, and many members/veterans from the community, our Board of Directors and current council member for City of Bothell Government Tom Agnew.



UPCOMING FACILITY UPGRADES (BOTHELL)

Northshore Parks and Recreation Service Area (NPRSA)

The Northshore Parks and Recreation Service Area (NPRSA), will be performing some major repair work on the Bothell Senior Center pedestrian bridge in the coming month. Structural issues due to corrosion will cause the bridge to be closed for the immediate time-being while work is being done. Once work have been completed, the bridge will be resealed, repainted, and reopened for member/participant use. Thank you for your understand and patience during this time.





10201 E, Riverside Drive
Bothell, WA 98011
(425) 487-2441
www.northshoreseniorcenter.org

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IF YOU EVER HAVE QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT US! (425) 487-2441

A LOOK BACK AT 2021

What A Wild Ride It Was



NORTHSHORE SENIOR CENTER
(425) 487-2441

information@mynorthshore.org
10201 E. Riverside Drive, Bothell, WA 98011

www.northshoreseniorcenter.org
www.facebook.com/mynorthshoreseniorcenter

UPDATES



12 Days of Goodness Event

We are excited to partner with Answers for Elders to host their Annual Kick-Off Event for the 12 Days of Goodness.
www.12daysofgoodness.com

This year's event will be held on:

- Friday, December 10,
11:30am till 2:00pm
\$5 entry fee
(includes lunch and full access)

Join us for a Seahawks-themed tailgate luncheon, as well as having the opportunity to meet some Seattle Seahawk legends (Alonzo Mitz & Fred Anderson)

** Proof of vaccination
or negative COVID test
within 72 hours will be
required to attend.*

REMINDER

All Northshore
Senior

Center facilities will be closed on
December 24, 25, 31 & January 1

